

2.2. LIFESTYLE SCORING SHEET

Complete the lifestyle scoring sheet by circling the appropriate score.

1. Sleep

On the average, do you sleep

7 - 8 hours per night

9 hours or more

6 hours or less

1

$\frac{1}{2}$

0

2. Regularity of Breakfast

Do you eat breakfast: :

Regularly

Sometimes

Never

1

$\frac{1}{2}$

0

3. Eating between meals

Do you eat between meals:

Never

Sometimes

Regularly

1

$\frac{1}{2}$

0

4. Weight in relationship to Height

Compared with your normal weight for your height, is your current weight within:

10%

20%

More than 20%

1

$\frac{1}{2}$

0

5. Physical activity

Do you engage in physical activity such as brisk walks, swimming, tennis, hiking, bicycling, or similar exercise:

Regularly

Once a while

Never

1

$\frac{1}{2}$

0

6. Alcoholic beverage consumption

On the average, do you drink the equivalent of:

No drinks per day

1 - 2 drinks per day or less

More than 2 drinks per day

$\frac{3}{4}$

1

0

7. Smoking

Never smoked

Non-smoker, but smoked before

Moderate smoker (cigar, pipe, or do not inhale cigarettes)

Moderate smoker (inhales cigarettes)

Chain smoker

1

$\frac{3}{4}$

$\frac{1}{2}$

$\frac{1}{4}$

0